ABSTRACT

A method and apparatus for training sports skills for games including ice hockey, soccer, tennis and volleyball using one or more opponents or simulated opponents on the playing surface to train a player to strike the game object away from an opponent in addition to practicing striking the game object. A game object machine(s) can be used to project game objects to one side of the playing surface. A controller can be provided to control operation of the simulated opponent(s) and the game object machine(s) to train placement memory and reaction time in addition to muscle memory. For ice hockey and soccer, the controller can receive input from sensor(s) on the game object, player being trained or the goal to locate the game object and / or player to position the simulated opponent(s) to train the player to strike the game object past the simulated opponent into the goal.